

## Food for Better Eyesight

“Eat your carrots. They’re good for your eyes.” How often have we heard this line from our parents when we were kids? Well, truth be told, they were quite right. Carrots and other orange-colored fruits and vegetables are rich in Beta Carotene, a form of Vitamin A that’s beneficial to the cornea and retina of our eyes. Carrots [improve vision](#) by boosting the general health of our eyes.

However, if you want to [improve sight](#) through the foods you eat, you should make room for other eye-goodies on your plate. Take a look at this list of food items you should include in your diet:

Leafy greens. Some people look down at leafy greens and label them as “rabbit food.” But little do they know, leafy greens can do wonders for the eyes. Spinach, kale, chard and other green, leafy vegetables are loaded with lutein and zeaxanthin. These two are antioxidants that help in preventing macular degeneration and cataracts. So, amp up with salads every meal.

Eggs. Eggs have been taking bullets from the health community in the past. As a result, some people have become wary of these white or brown-shelled ovals. But contrary to the bad rap eggs have been unfairly given, eggs are nutritious and healthy for the eyes. The yolk especially is packed not only with lutein and zeaxanthin, the two antioxidants found in leafy greens, but also with zinc, a mineral that also prevents macular degeneration.

Citrus and berries. Who knew improving eye health can be so delicious? Citrus and berries are bursting with Vitamin C which helps in preventing cataracts and macular degeneration, too. So, whenever you’re out grocery shopping, don’t skip the fruits section. Come home with strawberries, blueberries and raspberries. Instead of chomping on potato chips while watching TV, bring a bowl of berries. Enjoy their sweetness and tartness knowing that every bite is making your eyes better.

Almonds. Almonds are not only tasty but every crunchy bite gives you a healthy dose of vitamin E that prevents cataracts. But remember a handful of almonds is all you need every day. These nuts may be delicious but they’re high fat and calories.

Oily fish. DHA found in tuna, salmon, trout and other kinds of oily fish help prevent eye dryness. It’s a fatty acid that helps the retina lock moisture in. Aside from that, a diet rich in oily fish is good for the

heart, too.

<http://www.janetgoodrichmethod.com/>